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29

30 **ABSTRACT**

31 Autism spectrum disorder (ASD) is a complex neurodevelopmental monogenic disorder
32 with a strong genetic influence. Idiopathic autism could be defined as a type of autism that
33 does not have a specific causative agent. Among signalling cascades, mTOR signalling
34 pathway plays a pivotal role not only in cell cycle, but also in protein synthesis and
35 regulation of brain homeostasis in ASD patients. The present review highlights, underlying
36 mechanism of mTOR and its role in altered signalling cascades as a triggering factor in the
37 onset of idiopathic autism. Further, this review discusses how distorted mTOR signalling
38 pathway stimulates truncated translation in neuronal cells and leads to downregulation of
39 protein synthesis at dendritic spines of the brain. This review concludes by suggesting
40 downstream regulators such as p70S6K, eIF4B, eIF4E of mTOR signalling pathway as
41 promising therapeutic targets for idiopathic autistic individuals.

42

43 INTRODUCTION

44 Autism Spectrum Disorder (ASD) is a complex neurodevelopmental disorder categorized
45 by concomitant manifestation of diminished social communication,
46 restricted/perseverative/stereotypical behaviour and repetitive pattern of activities. The
47 incidence rate of ASD was 58.7 per 10,000 individuals in 2013 (1). However, the number
48 of reported cases with mild to severe autism has gradually increased over the years in
49 various countries. In the United States alone, 1 in 68 children has ASD (2). ASD can be
50 differentiated into four different disorders based on the Diagnostic and Statistical Manual of
51 Mental Disorders IV (DSM – IV): Autistic disorder, Asperger’s disorder, Childhood
52 disintegrative disorder and Pervasive developmental disorder (PDD) (3 – 6). According to
53 DSM – V manual, autism is broadly classified into syndromic and non–syndromic types (7).
54 Syndromic autism comprises of disorders with known causative agents, including
55 monogenic disorders (8) such as Phelan-McDermid syndrome, Noonan syndrome, Rett-
56 syndrome, Timothy syndrome, Tuberous sclerosis complex (TSC), TSC associated Poly
57 hydramnios megalencephaly and symptomatic epilepsy syndrome (PMSE), Phosphatase
58 and tensin homolog (PTEN), Fragile X Syndrome (FXS), Neurofibromatosis, and a number
59 of developmental disorders covered by ASD (3, 9). Idiopathic autism is the non–syndromic
60 type with no known genetic or epigenetic cause for manifestation of the disease (9).
61 Probable causative factors for idiopathic autism include environmental factors (10) such as
62 toxins, pesticides, infection, and in utero exposure to drugs like valproic acid (9 – 14).
63 There has been various hypotheses, mutational targets, and pathways about idiopathic
64 autism (9, 12). However, none of them could explain the exact reason behind the onset and
65 expression of this disorder.

66 Signalling pathways are important for the regulation of specific molecular mechanism after
67 activation through a target molecule. Alteration in some signalling pathways can lead to
68 expression of certain features in the human brain, including megaloccephaly, axonal
69 misregulation, alteration in neuron size, connectivity of neuronal circuits, proliferation of
70 cerebral cells, protein synthesis and dendritic spine density variation at different regions of
71 the brain (15, 16). Among various pathways, mechanistic target of rapamycin (mTOR)
72 plays a centralized role as a signalling hub that can lead to regulation of certain
73 physiological features of autism. Specifically, in the brain, mTOR pathway is involved in
74 the regulation of synaptogenesis, corticogenesis, and associated functions of neurons (2).
75 Several studies (9, 13, 16) have indicated that the Akt/mTOR pathway which regulates
76 translation at dendritic spines is a potential molecular substrate of autism. Indeed,
77 mutations in genes encoding Akt-mTOR cascade components cause disorders with higher
78 rates of autistic characteristics. Nicolini et al. (9) highlighted that decreased mTOR could
79 adversely affect spines by disregulating cortical circuits implicated in higher cognitive
80 functions and behaviour, thus causing autistic phenotypes. Findings of Hutsler and Zhang
81 (16) also prove the hypothesis that disruptions in the mTOR pathway can negatively affect
82 spines and contribute to autism neuropathology in patients. Hence, in this review, we will
83 highlight the importance of mTOR signalling pathway in idiopathic autism. We will also
84 discuss certain mTOR regulators that play a vital role in the disruption of translation
85 initiation and protein synthesis as a triggering factor for the expression of autistic
86 phenotypes. Finally, we suggest that mTOR signalling pathway will be revolutionary in the
87 field of translation research as a promising strategy to discover remedies for idiopathic
88 autism.

89

90 **COMMON FEATURES OF IDIOPATHIC AUTISM BRAIN**

91 Neurodevelopment comprises of certain crosslinked molecular mechanisms including
92 neurogenesis, corticogenesis, and synaptogenesis. Adult neurogenesis is the development
93 of new neurons in specific regions of the brain such as the hippocampus and olfactory bulb.
94 This process is particularly important for the conversion of Neural Stem Cells (NSCs) and
95 neural precursors into functional neurons (17). Corticogenesis that leads to mammalian
96 neurocortex development is a part of embryonic neurogenesis. It is required for the origin
97 of six layers of the cortex where neuronal migration begins at the ventricular zone and
98 proceeds towards their final position in the brain (18, 19). Synaptogenesis is the concluding
99 step in neural development which comprises of initiation and linkage of pre- and post-
100 synaptic domains in target neurons as well as regulation of synaptic development through
101 mTOR and Wnt signalling pathways. Following synaptogenesis, ratio of excitatory to
102 inhibitory synapses (E/I ratio) is also important for neural circuit assembly and it analysis
103 the synaptic output (20, 21). Alterations in these key regulatory processes has been reported
104 in neurodegenerative and developmental disorders such as ASD, Parkinson's disease,
105 Alzheimer's disease, Huntington's disease, Amyotrophic Lateral Sclerosis and
106 Schizophrenia (17). During corticogenesis, neuronal migration and laminar formation are
107 critical for brain function. Their disruption due to overexpression of certain glycoproteins
108 such as reelin secreted by cajal-retzius cells and GABAergic interneurons can lead to ASD,
109 bipolar disorder, and schizophrenia (22). Oblak et al. (23) have linked decreased GABA
110 receptor signalling to behavioural abnormalities seen in ASD patients. They confirmed this
111 with autoradiography techniques where densities of GABA receptors were monitored in

112 fusiform gyrus and cingulate cortex regions of the brain involved in corticogenesis.
113 Cortical development, the chief course of action in corticogenesis, requires activation and
114 placement of neuronal progenitor cells at radial and tangential axis regions of the cerebral
115 cortex in the brain. One major gene involved in corticogenesis is T-Box Brain 1 (TBR1)
116 gene that is also associated with ASD, in which there is a disrupted localization of *TBR1*
117 (24). TBR1 protein can interact with kinase CASK to induce autism (25). Later during
118 synaptogenesis, molecules specific to scaffolding and cell adhesion such as neuroligins,
119 neuroligin, cadherin, and Shank3 can alter neuronal activity in ASD and idiopathic autism
120 individuals (21). Specifically, interaction of neuroligins with neuroligins is known to
121 regulate postsynaptic activity of both excitatory and inhibitory synapses (20, 26). Mutations
122 in these molecules have been reported in various cases of autism, leading to inhibition,
123 receptor downregulation, and altered synaptic protein placement at the cingulate cortex
124 and fusiform gyrus (25, 27). The importance of β -catenin, a Wnt signalling molecule, in
125 both corticogenesis and synaptogenesis was reviewed by Williams and Casanova (28).
126 They noted that depleted intelligence level of autistic individuals was related to increased
127 total brain volume (TBV) that was also observed in megalencephaly (28, 29).
128 Megalencephaly is also observed in TSC categorised under syndromic autism. This was
129 proven by the deletion of TSC specific gene through Cre-Lox system knockout in mice,
130 leading to megalencephaly with characteristically enlarged soma and nucleus, decreased to
131 absent astroglial activity, mislamination, ectopic placement of neurons, and mTOR
132 hyperactivity (30). Additionally, syndromic autism has increased E/I ratios in various
133 interrelated systems such as emotional, social and sensory systems of the brain. This
134 imbalance in E/I ratio can lead to hyperexcitation and hypoinhibition at cortical circuits in

135 FXS, a type of ASD (20). E/I imbalance could also disrupt N-methyl-D-aspartic acid
136 receptor (NMDAR) dependent cascade which negatively regulates mTOR pathway (31).
137 Among other factors involved in manifestation of autism etiology, amyloid- β precursor
138 protein (APP) shows elevated levels at synapses, leading to overgrowth of cranial neurons
139 and further alteration of (PI3K/Akt/mTOR) signalling pathways. These alterations are due
140 to *PTEN* mutations that cause brain tumours and macrocephaly in autism, proving that
141 abnormal cell proliferation could also be associated with mTOR imbalance (32).
142 Furthermore, Osborne (19) has linked hyperactivation of mTOR to PMSE, showing that
143 disruption of corticogenesis is associated with mTOR. Megalencephaly is not only
144 observed in PMSE, but also found in idiopathic autism patient. It is a common feature of
145 idiopathic autism patient where there is an increase of cell growth that could be an outcome
146 of increased protein synthesis due to mTOR hyperactivation (19). Idiopathic autism
147 patients exhibit a loss in socio-emotional and face recognition ability. Such loss is linked to
148 changes in the anterior, posterior cingulate cortex and the fusiform gyrus in the cerebral
149 cortex where GABA receptor binding ability is decreased (23). Alteration in mTOR
150 pathway can lead to heterotopia and dysplasia where the structure of the cortex is
151 distorted by changing the cortical circuitry (19). Accelerated mTOR activity at late
152 corticogenesis in idiopathic autism individuals can result in misplacement of neurons,
153 leading to alteration of neural identity. These disadvantages could be controlled by cap-
154 dependent translation that targets 4E-Binding Proteins (4E-BPs) and prevents ectopic
155 neuron placement and mislamination due to accelerated downstream mTOR signalling (33).
156 Lin et al. (33) have proven that knockdown of 4E-BP can lead to various changes in the
157 neural architecture, including elevated soma size in the neuron, dendritic development, and

158 changes of synaptic potential and spine density. These findings reveal that mTOR
159 signalling pathway alterations could be contributory mediators of idiopathic autism.

160

161 **SIGNALLING PATHWAYS AS MODULATORS OF SYNDROMIC AND**
162 **IDIOPATHIC AUTISM**

163 Autism is linked to certain signalling pathways such as Wnt pathway, calcium and
164 calmodulin pathway and PI3K/mTOR signalling pathway. Wnt pathway gives a better
165 understanding of cellular differentiation, polarity, and proliferation in different tissues. Its
166 deregulation leads to various types of cancers and certain cases of ASD as reported by Oron
167 and Elliot (34). Maturation and development of brain are associated with the canonical Wnt
168 pathway. In individuals with ASD, the Wnt signalling pathway is linked to cortical
169 patterning, upregulation of dendritic spine density, and alteration of spine morphology (35).
170 Other than Wnt signalling, calcium concentrations and calmodulin binding capacity can
171 also affect various components of the Central Nervous System (CNS), specifically targeting
172 the pre- and post- synaptic responses of neurons (36). Wen et al. (37) have linked MAPK
173 signalling pathways to 20 other functional pathways and 22 ASD associated genes. They
174 also mentioned the role of calcium and MAPK signalling pathways as interacting hubs for
175 various other interrelated pathways in ASD. Another targeted candidate is nerve growth
176 factor (NGF) induced signalling that leads to significant decrease in 4E-BP1 protein and
177 eukaryotic translation initiation factor 4E (eIF4E) that induces oxidative stress in autistic
178 patients (38). Both 4E-BP1 and eIF4E are major components of the mTOR signalling
179 pathway. Nicolini et al. (9) have reported a deregulation of 4E-BP1 in valproic acid (VPA)

180 exposed mice model for idiopathic autism. Hence, we can correlate NGF signalling
181 pathway and mTOR signalling pathway with oxidative stress related ASD. In this review,
182 we will focus on mTOR pathway which has received wide attention owing to its important
183 role in activating target genes in syndromic autism.

184 **mTOR - THE SIGNALLING HUB**

185 mTOR plays a centralised role in inducing and activating various interlinked pathways.
186 Thus, it acts as a signalling hub and regulates certain physiological features of the cell.
187 Various intracellular and extracellular processes including protein synthesis, RNA
188 biogenesis, autophagy, cell growth, and survival (39) are pictorially presented in Figure 1.
189 mTOR is also associated with various diseases including various cancers (40, 41) such as
190 prostate cancer (42), kidney cancer (43), and breast cancer (44) due to mutations and
191 misregulations in the mTOR pathway. It is also associated with other diseases including
192 cardiovascular disease (45), renal diseases (46), pulmonary fibrosis (47), and diabetes
193 mellitus (48). Associations of mTOR signalling pathway with normal and abnormal brain,
194 neurite development, synapse formation and associated functions have been discussed in
195 detail. mTOR signalling pathway is also associated with abnormal developmental features
196 of the brain including Megalencephaly (49, 50), hemimegalencephaly (51), pigmentary
197 mosaicism (50), glioblastoma multiforme (52), astrocytoma (52), and focal cortical
198 dysplasia (53). These defects are mainly associated with malfunction of mTOR associated
199 cells either upstream or downstream of the signalling cascade (50, 54). Specifically, in the
200 brain, mTOR is involved in the regulation of synaptogenesis, corticogenesis, and associated
201 functions of neurons. mTOR is also related to a number of neuropsychiatric and
202 neurodevelopmental disorders such as Alzheimer's disease, ASD, and idiopathic autism

203 (55). Altered mTORC1 activity due to mutations in TSC has been linked to Alzheimer's
204 disease characterised by accumulation of cellular amyloid- β proteins, decreased soma size,
205 and decreased activities of mTORC1 and mTORC2 (56). Activation and phosphorylation
206 of Akt, a protein kinase, play a major role in the onset of mTOR pathway because Akt
207 targets TSC and regulates mTORC1 activity (57). Mutations in TSC1 and TSC2 can lead to
208 alteration in the activity and size of brain, leading to megalencephaly and dysmorphisms of
209 developing neurons, glia, and progenitor cells (58). In contrary to Alzheimer's where
210 altered soma size is the main characteristic feature, hyperactivity of mTOR signalling in
211 ASD leads to megalencephaly, overconnectivity of neurons and increases the spine growth
212 (15).

213 **FUNCTION OF mTOR SIGNALLING PATHWAY IN ASD**

214 Overlaps among cellular phenotypes, genes, and molecular and biochemical pathways have
215 led to the classification of a number of monogenetic syndromes as part of the broader
216 spectrum of ASD as depicted in Figure 2 (7). Mutations in mTOR signalling including
217 TSC1, TSC2, PTEN, and Phosphoinositide 3-kinases (PI3K) components have also led to
218 expression of these disorders (59) as explained in detail in Table 1. One of the major
219 upstream signalling components that activate mTORC1 is Ras homolog enriched in brain
220 (RHEB) in brain cells. It could be blocked by mutated TSC, leading to tumorous outgrowth
221 in the brain. TSC complex inhibits RHEB and mTORC. When this upstream process is
222 altered, there is hyperactivation of mTORC1. Another regulating molecule is PTEN which
223 is involved in Akt activation and lipid signalling by regulating PI3K levels. Misregulation
224 of PI3K leads to hyperactivity of not just mTORC1, but also Akt pathway (60). Another not
225 well explored aspect of mTOR pathway is the fragile X mental retardation protein (FMRP)

226 that plays a role in activating fragile X syndrome (FXS). It is known that 50% of FXS
227 individuals have ASD and mutation in the *Fmr1* gene that codes for FMRP protein which in
228 turn is involved in PI3K regulation (61, 62). Although the contribution of mTOR to this
229 disorder has not been well understood yet, it is known that PI3K subunit has an elevated
230 amount in knockout mouse models of FXS (61, 62). Enlarged murine cerebellum and
231 hippocampus is also a characteristic of Angelman syndrome where there is a deletion in
232 *Ube3a* gene that causes reduced activation of mTORC2 and hyperactivation of mTORC1
233 signalling (63). *Mecp2* mutation causes Rett syndrome that has decreased protein synthesis
234 and mTORC1 activity (59). These features are due to distorted cell signalling and
235 biochemical pathways, leading to brain enlargement in autism (64). Altered signalling in
236 the brain includes changes in growth factor signalling such as brain derived neurotrophic
237 factor (BDNF), NGF, MAP kinase, ERK signalling systems, protein synthesis, and mTOR
238 pathway (15). Hyper expansion of cortical surface area, etiological heterogeneity, and
239 alteration in corticogenesis are some of prodromal features of an autistic individual. The
240 chief process affected downstream of this signalling cascade is the protein synthesis. S6
241 protein kinases (S6K) and 4E-BPs are two major substrates that govern mRNA translation.
242 Phosphorylation of ribosomal protein S6 and suppression of methylated cap binding
243 between eIF4E and 4E-BPs can lead to inhibition of translation. Hence, mTORC1
244 activation is mandatory for protein synthesis (65). Although abnormal mTOR function has
245 been connected to syndromic autism by various studies as mentioned above, its role in
246 idiopathic autism has been scarcely explored.

247 **THE SPARSELY EXPLORED TYPE OF AUTISM: IDIOPATHIC AUTISM**

248 Despite there are increased knowledge about pathways that create havoc in syndromic

249 autism, there are far fewer researches related to the physiology and manifestation of
250 idiopathic autism. VPA (66) induced knockout mouse models and induced Pluripotent Stem
251 Cells (iPSC) (67) are the widely used models to study idiopathic autism. Similar to
252 knockout mice models, BTBR mice can serve a model organism for studying ASD and
253 idiopathic autism. Meyza and Blanchard (68) have highlighted the importance of BTBR
254 $T^{+}Itr3^{fl/J}$ mouse for studying idiopathic autism as convergence of multiple signalling
255 pathways and exhibition of distinct neuroanatomical features.

256 mTOR is involved in various neurodevelopmental processes, including neuronal
257 differentiation, axon guidance, cell migration, and neural region patterning. These
258 processes are altered in idiopathic autism. Roles of dendritic spine formation, function, and
259 neural plasticity at the fusiform gyrus in idiopathic autism have been studied by Nicolini et
260 al. (9). They targeted protein synthesis regulation of mTOR and noted decreased protein
261 expression levels of various isoforms of P13K, p85, Akt, mTOR, p-mTOR, p70S6K, and
262 eIF4B in idiopathic autism. Variance of tropomyosin receptor kinase B (TrKB), a BDNF
263 that monitors the trafficking of postsynaptic density protein- 95(PSD-95) through
264 regulation of P13K/Akt, is also observed in idiopathic autism. TrKB is also expressed at
265 various levels in different regions of the brain (9). TrKB-FL isoforms in neurons are
266 necessary for the activation of TrKB at the glia. Truncation of these molecules leads to
267 alteration of Akt/mTOR pathway which in turn causes adverse effects in dendritic spines
268 and cortical circuits (66 – 68). Onore et al. (69) have performed similar protein analysis in
269 cells of CNS and immune system. They also compared phosphorylated and total protein
270 levels and found higher total protein levels of IRS1 and RSP6 with higher phosphorylated
271 protein levels of PTEN, TSC2, and mTOR in autistic individuals. De Rosa et al (70) have

272 analyzed cortical neurogenesis by determining transcriptional changes at two different time
273 points in the developing brain to monitor differentially expressed genes. They reported
274 dysregulations of synaptic activity, calcium signalling, and cell migration in idiopathic
275 autism. Their work showed a gradual decrease of spiking activity in the brain of affected
276 individual (70), further confirming that downregulation of signalling molecules could lead
277 to the onset of idiopathic autism.

278 **mTOR REGULATORS AS POTENTIAL THERAPEUTIC TARGETS**

279 Novel therapeutic target identification and implementation against diseases have become
280 mandatory for various neurodevelopmental conditions, especially ASD and idiopathic
281 autism since the number of individuals affected by them is increasing globally (3). mTOR
282 is involved in the regulation of various intracellular processes as explained in Figure 1.
283 However, its key role in ASD and idiopathic autism is the maintenance of amino acid pool
284 by regulating protein translation at dendritic spines in the brain (71).

285 mTOR-S6K is also involved in the regulation of translation by eIF4F, a protein composed
286 of eukaryotic initiation factors eIF4E and eIF4A (71, 72). Inhibition of cap binding to
287 eIF4F by 4EBPs as a major rate altering process could be prevented when mTORC1
288 phosphorylates 4EBPs which hinders the inhibitory role of this molecule, thereby activating
289 the translation initiation at specific regions of the brain such as dendritic spines (73).

290 Phosphorylation of specific subunits of mTOR involved in translational initiation is
291 necessary to regulate various cellular processes as shown in Figure 1. These molecules
292 include eIF4B which activates eIF4A, S6 ribosomal subunit (74), PDCD4 that inhibits
293 eIF4A translation by phosphorylation, and various mRNA splicing factors (75). Presence of
294 certain postsynaptic proteins including postsynaptic density protein 95 kDa (PSD-95),

295 NMDA, metabotropic glutamate receptor subtype 5 (mGlu R5) that take part in translational
296 initiation is important for structural organisation of prefrontal cortex of the brain (76).
297 Phosphorylation of these downstream regulators has been studied by Jernigan et al. (76).
298 They found that levels mTOR, p70S6K, eIF4B proteins were decreased in major depressive
299 disorder (MDD). They reported a uniform dysregulation of mTOR/ p70S6K/eIF4B
300 pathway that leads to changes in neuronal architecture, thereby causing encephalopathy,
301 dendritic spine alteration, and cancer in some cases (9, 76, 77). Abnormal spine density has
302 been noted in various forms of ASD and idiopathic autism associated with upregulation or
303 downregulation of mTOR pathway at dendritic spines (68). Roles of p70S6K/eIF4B and
304 4E-BP1/eIF4E in dendritic spines are crucial as they are involved in excitatory
305 postsynapses observed in fusiform gyrus of ASD post-mortem brain samples (9). Nicolini
306 et al. (66) have also reported decreased levels of PSD-95 at the fusiform gyrus of idiopathic
307 autism subjects. Furthermore, imbalances of BDNF and TrkB have been widely studied in
308 relation to autism but the change in PSD-95 (postsynaptic marker) protein level could be
309 used as a therapeutic target in treating neural circuitry defects of autism, especially in
310 idiopathic (3, 9, 15, 66). Shott et al. (78) have analysed expression levels of
311 Akt1/p70S6K/eIF4B proteins by kinomics using multiplex assay and noted a 6% change in
312 cytoplasmic protein expression level in prion disease. Other postsynaptic proteins
313 associated with autism include neuroligins whose levels are increased after translation in
314 4EBP in *4E-BP2-KO* and eIF4E overexpressed mice that show significant alteration in E/I
315 ratio. These results further confirm the importance of these downstream regulators of
316 mTOR signalling pathway in circadian regulation and ASD respectively (79, 80). Dennis et
317 al. (81) have studied phosphorylated protein translation in 4E-BP1/2 double knockout

318 (DKO) mice and found higher p70S6K1 protein levels in the liver. They also compared γ -
319 form of 4E-BP1 to other forms ($\alpha+\beta+\gamma$). They further demonstrate that eIF4E-eIF4G
320 complex interaction is critical in cap-dependent mRNA translation. Ribosomal protein
321 kinase p70S6K is another rate altering molecule downstream of mTOR signalling pathway
322 (82, 83). P70S6K has been proposed as a molecular marker for lymphoid cancer (82) and
323 ovarian cancer (84) as it is involved in the regulation of protein synthesis in these particular
324 diseases (81, 85). However, its role as a novel therapeutic target for idiopathic autism has
325 been seldom explored. Effect of p70S6K signalling pathway on murine frontal cortex
326 through protein translation has been studied by treating rats with MK-801 which modulates
327 p70S6K-S6/eIF4B pathway in developing rat brain. A significant decrease in
328 phosphorylation of 40S ribosomal subunit S6 by p70S6K has been observed in insular,
329 cingulate, and prefrontal cortex of rat brain (85). This decrease in phosphorylation results
330 in altered protein expression in an idiopathic autism brain as pictorially represented in
331 Figure 3, leading to distorted phenotypic expression. Based on these findings, we propose
332 that interaction between p70S6K/eIF4B and 4E-BP1/eIF4E is a benchmark in autism
333 targeted therapy. It would pave way for future research on idiopathic autism.

334 **CONCLUSION**

335 mTOR plays a critical role in not only the regulation of various cellular functions such as
336 cell growth, cell proliferation, lipid synthesis, and protein synthesis, but also plays a critical
337 role in neurodevelopmental processes such as regulation of neurogenesis, corticogenesis,
338 synaptogenesis, axon guidance, and cellular migration (2). Truncation of signalling
339 molecules of mTOR that govern both upstream and downstream processes in the cascade
340 can lead to developmental disorders such as ASD and idiopathic autism. Subjects with

341 idiopathic autism exhibit drastic decreases in synaptic activity, dendritic spine growth,
342 cellular proliferation, protein synthesis, and spiking activity due to significant
343 downregulation of mTOR signalling molecules in the brain. The major process that could
344 alter the downregulation of mTOR signalling cascade is truncated mRNA translation
345 through binding to protein 4E-BP1 and altering 5' capped mRNA translation initiation by
346 initiation factor eIF4E. eIF4E either up-regulates or decreases p70S6K and eIF4B
347 expression which in turn can modulate mTOR dependent translation (9). As no alteration
348 was reported in 4E-BP1 and eIF4E but a demur in p70S6K signalling was observed in the
349 mTOR pathway, p70S6K could be targeted as a regulator of idiopathic autism. Collectively,
350 we conclude that proper regulation of p70S6K and associated down regulators of mTOR
351 signalling pathway is a critical in the maintenance of brain homeostasis.

352

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357

358 **CONFLICTS OF INTEREST**

359 The authors have no conflicting interest.

360

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361 **FIGURE LEGENDS**

362 **Figure 1.** Schematic representation providing an overview of various molecular inhibitors
363 and stimulators involved in mTOR signalling pathway. PTEN and NF1 could inhibit the
364 activation of AKT. AKT when mutated could inhibit the activation of TSC 1 and TSC 2 that
365 are precursors of mTORC1. FMRP inhibition could lead to deactivation of mTORC2.
366 When stimulated, mTORC1 is involved in various cellular processes including microtubule
367 organisation, autophagy, lipid biosynthesis, RNA biosynthesis, and protein synthesis using
368 precursors of CLIP-170, ULK1, Lipin-1, TFEB, and P70S6K, respectively. Stimulation of
369 mTORC2 leads to proper cytoskeletal organisation through RAC, Rho, and PKC. Cell
370 survival is achieved through SGK1.

371

372 **Figure 2. Cell signalling dysfunction in mTOR signalling pathway leading to**
373 **syndromic and idiopathic autism.** Pictorial illustration of mutations in specific genes
374 FMRP, NF1, PTEN, and TSC1/TSC2 that lead to loss/ reduction of function causing
375 syndromic autism of fragile X syndrome, neurofibromatosis type 1, PTEN Hamartoma
376 tumour syndrome, and tuberous sclerosis complex, respectively. mTORC1 stimulation
377 leads to activation of 4EBP which hinders the translation or activation of P70S6K that
378 triggers translation initiation. Truncated protein synthesis by these down regulators during
379 translation leads to hyperactivation, causing autism spectrum disorder or hypoactivation of
380 protein synthesis that leads to idiopathic autism.

381

382 **Figure 3. Role of mTOR signalling pathway during protein translation.** Translation
383 initiation at the brain is regulated by various translation initiation factors including eIF3,

384 eIF4A, eIF4B, eIF4G, and cap binding protein eIF4E. Mechanism of mTOR is regulated by
385 either 4E-BP or P70S6K. 4E-BP binds to eIF4E and inhibits the initiation of translation
386 while S6 kinase from P70S6K binds to the 40S ribosomal subunit and leads to truncated
387 protein synthesis in affected regions. Altered translation leads to development of adverse
388 characteristics in the neuronal phenotype of idiopathic autism individuals.

389

390 **Table 1. mTOR associated molecules and their impacts on autism spectrum disorders.**

391

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Figure 1: mTOR signalling pathway and its plethora of functions

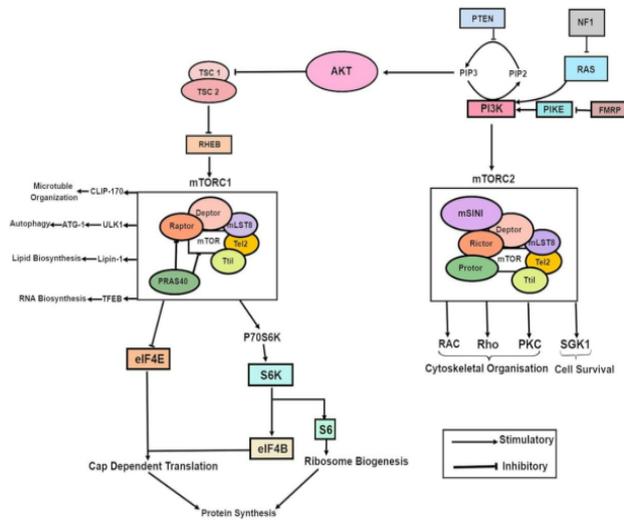


Fig. 1. mTOR signalling pathway and its plethora of functions:

The schematic representation provides an overview of the various molecular inhibitors and stimulators that are involved in mTOR signalling pathway. PTEN, NF1, could inhibit the activation of AKT. AKT when mutated could inhibit the activation of TSC 1 and 2, which is a precursor of mTORC1. FMRP inhibition could lead to deactivation of mTORC2. When stimulated, mTORC1 is involved in various cellular processes including microtubule organisation, autophagy, lipid biosynthesis, RNA biosynthesis and protein synthesis using precursors like CLIP-170, ULK1, Lipin-1, TFEB and P70S6K respectively. Stimulation of mTORC2 leads to proper cytoskeletal organisation through RAC, Rho and PKC. And cell survival is achieved through SGK1.

Figure 2: Cell signalling dysfunction in mTOR signalling pathway leading to syndromic and idiopathic autism

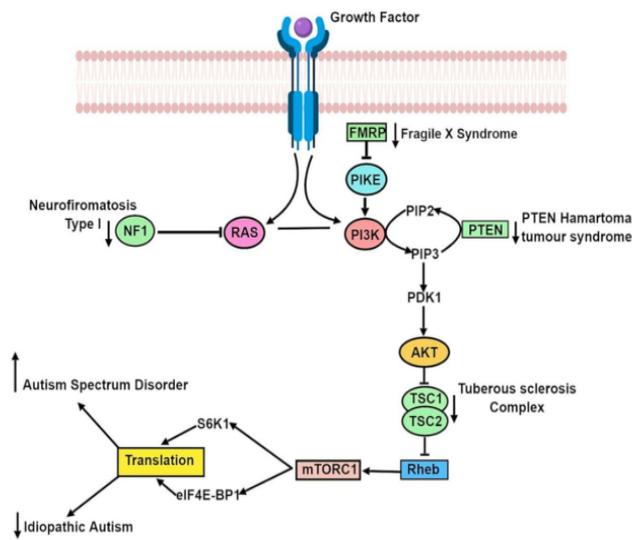


Fig. 2. Cell signalling dysfunction in mTOR signalling pathway leading to syndromic and idiopathic autism. Pictorial illustration of mutations in specific genes FMRP, NF1, PTEN and TSC 1 and 2 leads to loss/reduction of function causing syndromic autism i.e. fragile X syndrome, Neurofibromatosis type 1, PTEN Hamartoma tumour syndrome and tuberous sclerosis complex respectively. mTORC1 stimulation leads to activation of 4EBP which hinders the translation or activation of P70S6K which triggers translation initiation. Truncated protein synthesis by these downregulators during translation leads to hyperactivation causing Autism Spectrum Disorder or hypoactivation of protein synthesis causing idiopathic autism.

Figure 3: Role of mTOR signalling pathway during protein translation

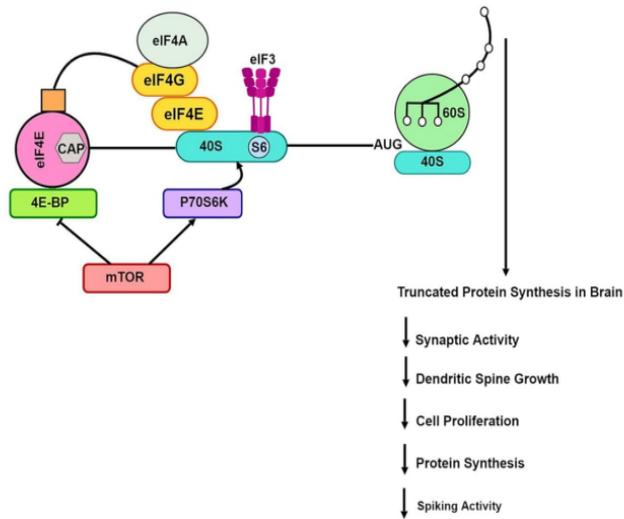


Fig. 3. Role of mTOR signalling pathway during protein translation

Translation initiation at the brain is regulated by various translation initiation factors including eIF3, eIF4A, eIF4B, eIF4G and the cap binding protein eIF4E. Mechanism of mTOR is regulated by either 4E-BP or P70S6K. 4E-BP binds to eIF4E and inhibits the initiation of translation. While, S6 kinase from P70S6K binds to the 40S ribosomal subunit and leads to truncated protein synthesis in the affected regions. The altered translation leads to development of adverse characteristics in the neuronal phenotype of idiopathic autism individuals.

Table 1: mTOR associated molecules and its impact in Autism Spectrum Disorders

mTOR involved molecule (gene/precursor/receptor)	Affected region in brain	Effect of mTOR associated molecule/ Results	Model system	Process involved	Disease induced	Analytical methods	Reference
PTEN	Hippocampus, Cerebral cortex	Macrocephaly, Neurohypertrophy Increased length and thickness in dendritic arbors Variation in response to sensory stimuli, learning and anxiety.	Mouse	AKT/mTOR pathway activation and Gsk3 β inactivation	-	Cre mediated recombination in mice Behavioural testing of mutant mice Immunohistochemical staining Cell counting Golgi staining Electron microscopy EEG/EMG recording	86
PTEN	Hippocampus, Cerebral cortex	Macrocephaly, Neurohypertrophy,	Mouse	Circadian rhythm	-	EEG/EMG recording Wheel running test	87

		Increased seizures, Decreased adaptability to environmental stimuli, Pten's effect on PI3K cascade, in turn affects the circadian rhythm.				Statistical analysis	
Tsc1 Rheb	Neural progenitor cells in Sub Ventricular Zone	Heterotopia in RMS and OB Enlarged microglia Cell migration disrupted by Rheb with Mash1 cells at the RMS Neuronal migration speed decreased Increased mTOR signalling does not affect the action potential	Mouse	Increased mTOR signaling	Tuberous Sclerosis	Electrophoration of plasmid Migration, morphometric, micronodule assays Immunostaining Confocal microscopy	88
Tsc1 Tsc2	Hippocampal pyramidal neurons	Increased phosphorylation of S6 Absence of Tsc1 leads to	Mouse Rat	Tsc up/down regulation	Tuberous sclerosis	Immunostaining Two-photon laser scanning microscopy	89

		increase in soma size but decrease, decrease in dendritic spines, increased synaptic current				Electrophysiology	
Rictor	Central Nervous System Purkinje cells	mTORC2 affects cell size, Neuronal morphology and function Only RiPuKO mice had synaptic functional changes mTORC2 plays key role in synaptic homeostasis	Mouse	Rictor deficiency	-	Immunohistochemical analysis Electrophysiological analysis Biochemical analysis RT-PCR Mouse behaviour analysis	90
Tsc1 Pten	Hippocampal neurons	Increase in action potential, dendrite length and soma size Tsc1 loss does not affect the excitatory neurons, unlike pten which increases it Excitation to inhibition ration in the neural network is altered	Mouse	Excitatory and inhibitory synaptic transmission	-	Electrophysiological analysis Immunocytochemistry	91

Tsc1

Axon

Tsc1/2 plays an important
role in axon formation, neural
polarity
Tsc2 inhibition leads to
mTOR activation
Tsc/mTOR pathway leads to
axonal regeneration

Mouse

Polarised activation
and inactivation of
Tsc pathway

Tuberous
sclerosis

Transfection

Lentiviral infection
Immunocytochemistry
Immunohistochemistry

92